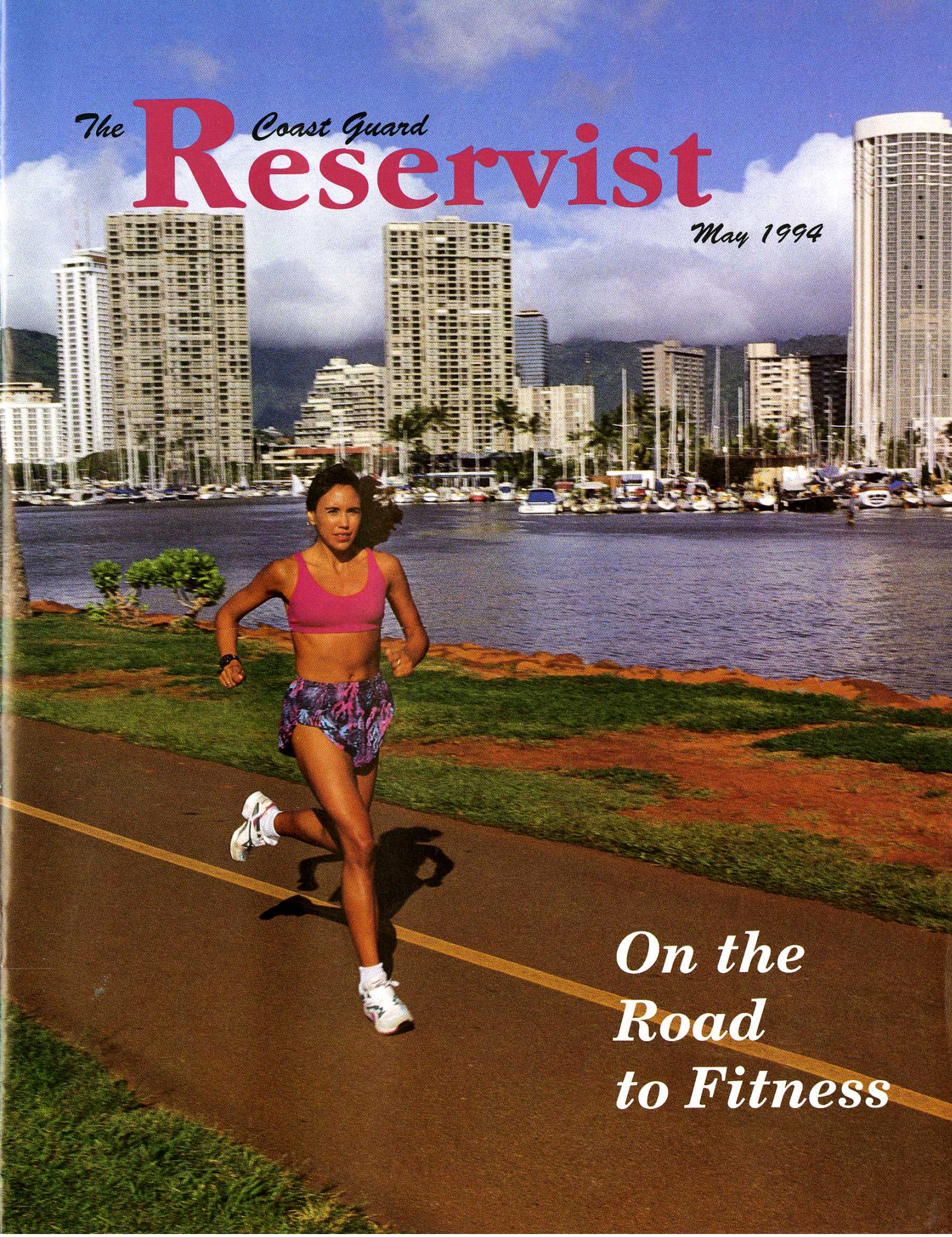
The Coast Guard Reservist

May 1994



On the Road to Fitness

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On the Cover

• *SK3 Darlene Mota of RU D14, named "Running All Star" for 1993 by the Honolulu Advertiser, races along a Honolulu roadway. Photo by PA3 Cameron Hardy, D14 (dpa).*

Your Turn

Enjoyed CG Cutters story

At last some information about the team I adored in my youth that no one in my Coast Guard time ever knew existed!

I attended elementary school directly across the street from Carlin's Iceland. During "the season" many of my schoolmates and I would skate there after school a few days a week. When the afternoon skating session ended, the Cutters took the ice for practice having bused in from Curtis Bay.

Not only were we awed by the Cutter's prowess but the chance of picking up a discarded, cracked hockey stick and, on rare occasions, an errant puck. That was enough to keep us there long enough to be late for supper. A taped-up Coast Guard Cutter hockey stick was de rigueur for our street hockey games played with clamp/strap on roller skates on the smoothest black-top intersection we could find in the neighborhood (the venue might change after the road patching crew did its thing)!

At the time, my father was a civilian employee at the Coast Guard Yard and a member of a Coast Guard Volunteer Port Security unit. One Sunday, he took me to see the *CGC Ironwood* christened and launched! With these experiences, my Coast Guard career was pre-destined at an early age.

Mr. Fischler's article is the only factual account of the Cutters I've ever encountered. Many thanks for printing it.

— CAPT Lawrence D. Levine
USCGR(Ret.)
Wheeling, Ill.

An article on the Cutters appeared in the February 1994 issue, Page 8.

Munro's photo & CPOA course

I enjoy *The Reservist* and look forward to getting it. I read the letter from GMC William C. Naris, USCG (Ret.) regarding "squaring away" Doug Munro, and agree that he is right. I'm no photographer, but I have seen pictures that have been printed this way, and I didn't recognize things that should have been easy to pick out.

Also, if someone has the names of the "First Reserve CPOA Graduates" from CPA published on Page 19 of the February issue, will you please publish it? I recognized three or four of them, but I'm sure we would know more of them if there was a name to go with them. Congratulations to all of them. Thanks, and keep up the good work.

— PSCM Steve Brown
USCGR(Ret.)
Loa, Utah

The Reserve CPOA class roster was published in April's issue, Page 16.

CG-AMD's fourth ship

I read with interest CDR McCandless's letter in the March 1994 *Reservist* concerning the CG-AMD (Army Manning Detachment). He makes an excellent point as to its oblivion.

I too was in the detachment, but (as he fails to mention) there was a fourth type of ship, the F's. The one I commanded, the F-51, was about half the size (99 feet) of the FS's, with a smaller crew of 12 men and myself. It had been built in Bremerton, Wash., and had been operating to Alaska (its papers read "Puget Sound and adjacent inland-waters") when the Coast Guard took it over, put an air-cooled .50-calibre machine gun on its stern, and sent us off to New Guinea via Hawaii.

We operated first out of Lae, at the end of Huon Gulf in New Guinea, running to Buna, Finschhafen, etc. Then we were ordered to Puerto Princessa, Palawan, in support of a regimental combat team flushing out the Japanese there. At the end of the war the ship lay in the Pasig River in Manila to be turned over to the Filipinos. By the way, CDR Bucher's Pueblo of Korean War fame was an FS.

— CAPT Admont G. Clark
USCGR Ret.)
Dennis, Mass.

A View from the Bridge

By Rear Admiral Gregory A. Penington

Chief, Office of Readiness & Reserve

This month marks my last as Chief of Readiness and Reserve. I can honestly say that this past year has been one of the most challenging assignments in my Coast Guard career. It was painful to suddenly lose good people, both for the individuals affected and those who executed the orders to reduce the force. To perform all the missions the public has come to expect with fewer reservists presents a difficult task. The regular Coast Guard is facing the same budgetary pressures that we are, as ALDIST 039/94 published in the April issue of *The Reservist* pointed out.

The good news to come out of all of this is that the active and Reserve Coast Guard are working *together* to maximize the potential of the Reserve program. One of the best indicators of that cooperation is the fact that RADM Robert E. Sloncen, the Senior Reserve Officer, Pacific Area will serve as Chief of Readiness and Reserve this summer. Last month I explained a little more at length about some of the specific initiatives that are in progress and should finish up in a few months. The end result of these initiatives will be twofold: (1) that reservists receive the best training and work experience possible in their rates and specialties, and (2) that the regulars fully appreciate and take full advantage of what the Reserve offers on a consistent, Coast Guard-wide basis. I look forward to seeing these results in the field.

I continue to be impressed with the caliber and the professionalism of Coast Guard Reservists, particularly in these turbulent times. I leave this job with the utmost respect and appreciation for the men and women of the Coast Guard Reserve. Thank you for your dedication and all of your hard work.

Sloncen to serve as interim G-R

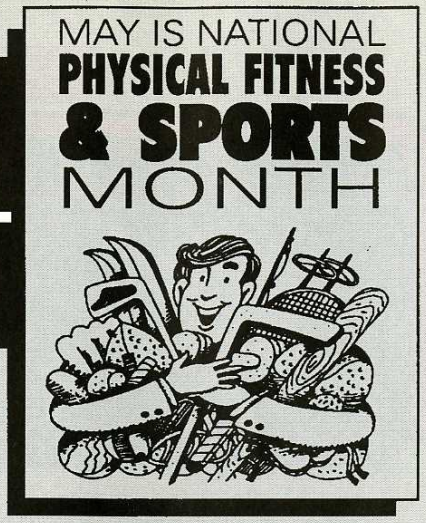
RADM Robert E. Sloncen, Senior Reserve Officer, Pacific Area, will assume the duties of Chief, Office of Readiness and Reserve (G-R) from June 1 until approximately Aug. 21, 1994 (see ALDIST 052/94). It is the first time a Reserve flag officer will head the Office of Readiness and Reserve. Sloncen will assume duties from RADM Gregory A. Penington, who has served as G-R since July 1993. Penington will become Chief, Office of Navigation Safety and Waterway Safety, which includes program responsibility for boat stations and the Auxiliary.

Sloncen was commissioned from Officer Candidate School in 1962 and served three years on active duty. In his first Ready Reserve assignment he taught at the Port Security School in Alameda, Calif. Past command assignments include RU Phoenix, RU San Diego, Reserve Group San Diego, and two units he commissioned: RU WPB San Diego and RU Maritime Defense Zone Sector Southern California. He was promoted to flag rank in August 1992.

Sloncen, a former coach and teacher, currently is an administrator for Hyder School District in Dateland, Ariz. He resides in Yuma, Ariz. with his wife, Jill, and two daughters.

On the road to...

FITNESS



It's not just exercise, it's a way of life

May is Physical Fitness Month, and *The Reservist* decided to observe it by featuring the achievements of a number of reservists throughout the country.

We begin, however, by presenting some basic information on health and fitness that you can use to make intelligent decisions and choices about your own lifestyle.

The following are excerpts and adaptations from Wellness Bulletins published weekly by the Wellness Programs Branch in Headquarters. A compilation of the unabridged bulletins which treat these and other topics in more depth was published in COMDTPUB P6100.12.

EXERCISE

Many people focus on exercise (both aerobics and weight-training) as a way to control weight or body-fat. But physical fitness is beneficial in its own right. Here are a few of the good things that happen when you're physically fit.

1) Physical fitness gives you more stamina and endurance, and it increases your work efficiency. 2) It lets you work better and play better. 3) It can make you bigger, stronger and faster, or it can make you slimmer and trimmer. 4) It improves your appearance. 5) It's good for your health; it decreases your risk of certain diseases. 6) It helps you avoid injuries. 7) It helps you live longer with a higher quality of life.

First, let's define what we mean by physical fitness. From the

D5 reservist builds body, mind

By Reservist Staff Writers

YN2 Rafael Velazquez, a reservist on active duty in the Personal Data Record Conversion Project Section at CGHQ, began weightlifting nine years ago while in the U.S. Army.

"I had been a martial arts instructor and I believed that lifting weights would help improve my skills and help me put on more bulk since I was so skinny," said Velazquez. He enjoyed weightlifting so much that he stopped martial arts and bodybuilding became his sole sport.

After helping a friend train for a bodybuilding competition, he decided it was time to try his hand at it. His awards include 2nd place in the men's novice heavyweight division of the National Physique Committee (NPC) 1993 "DC Grand Prix," and 2nd place in the Men's Open Tall division of the American Athletic Union (AAU) "Mr. DC."

"My training included one hour of aerobics both in the morning and evening and one and a half hours of weightlifting before my evening aerobics. I also included a strict, 12-week diet to reduce body fat. I removed all fats and salts from my diet and followed this routine seven days a week for 12 weeks. It paid off. I began at 245 pounds and, after dieting weighed in at 210," said Velazquez.

His future plans include the heavyweight division of the 1994 NPC Maryland State Bodybuilding Championship and Levrone Classic Bodybuilding Championship.

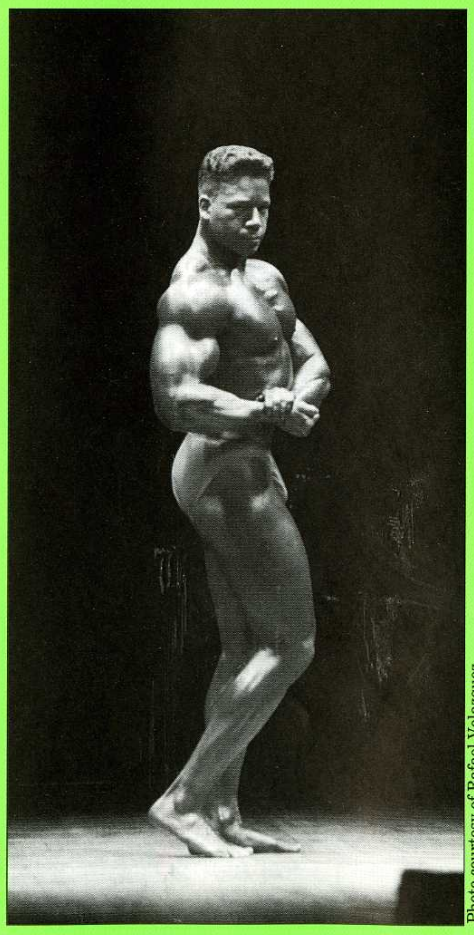


Photo courtesy of Rafael Velazquez

Velazquez poses during the 1993 AAU D.C. Championships.

From field hockey to roller skates

By Reservist Staff Writers

HS3 Robyn Harne of Reserve Group Boston has been involved in physical fitness for almost as long as she can remember. In high school she played ladies field hockey and was on the track and field team. She continued her career in field hockey while at Wheelock College in Boston.

Most notably, Harne has been involved in artistic roller skating for 18 years. She earned many titles competing in regional and national competitions. She also worked closely with the National offices of both the Girl Scouts and Campfire Boys and Girls to develop a roller skating program to fulfill badge requirements.

While she is no longer actively competing in artistic roller skating, Harne spends her free time coaching aspiring skaters to prepare them to compete at the regional and national levels.

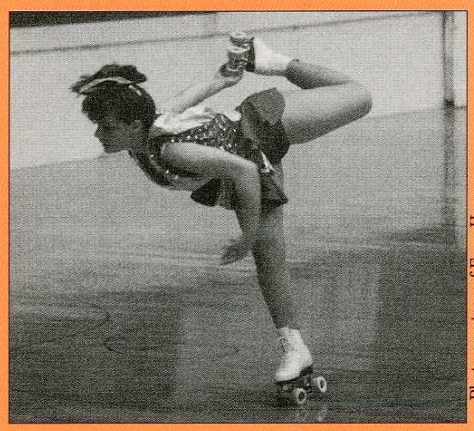


Photo courtesy of Fran Harne

Harne performs a Bealtman spin.

standpoint of health, physical fitness has five distinct components: 1) Cardiovascular endurance (aerobics); 2) Muscle strength; 3) Muscle endurance; 4) Flexibility; and 5) Body Composition. This excerpt discusses cardiovascular endurance.

Cardiovascular endurance relates to the ***efficiency*** of your lungs, heart and circulation in using oxygen. Here are some common examples of aerobic activities: walking, jogging, running, cycling, swimming, rowing, stair-climbing, rope jumping, aerobic dancing, calisthenics, Nordic skiing, full-court basketball, soccer, rugby, ice hockey, and field hockey.

The key to aerobic exercise, and the thing all of these activities have in common, is this: if you use your large muscle groups (e.g your legs and arms) hard enough and long enough, you'll increase your cardiovascular endurance.

Any aerobic exercise will provide a benefit if it makes your heart run faster than normal for longer than 20 minutes. However, to get the *maximum* aerobic benefit from endurance exercise, you've got to crank your heart rate up to a certain threshold level: your ***Training Heart Rate*** (THR).

This varies from person to person, but in general, it is related to your maximum heart rate. For both men and women, maximum heart rate (MHR)= 205-1/2(age)

The simplest way to tell whether your aerobic exercise has enough intensity to benefit you is to take your pulse. One of the nifty facts of exercise physiology is that your heart rate during exercise is directly related to the amount of work you're doing. The more work, the faster your heart beats.

Your aerobic training heart rate should be 60-85 percent of your maximum heart rate. For example if your MHR is 185, your pulse during your workout should be 111-157 beats per minute.

If you're totally out of shape when you begin your aerobic exercise program, use 60 percent of your MHR. If you're in pretty good shape, use 70-75 percent of your MHR and if you're already a super-jock (or jockette) use 80-85 percent of your maximum heart rate.

Although the ***intensity*** of your aerobic exercise is important, other factors are also critical in cardiovascular conditioning. After all, if you simply raised your heart rate by walking up two flights of stairs and then called it a day, you definitely won't get in shape.

You have to perform aerobic exercise at your training heart rate for at least 20 minutes, three to five days/week to achieve aerobic conditioning. So ***duration*** and ***frequency*** are as important as intensity in aerobic training. Here's a summary of the requirements for increasing your cardiovascular endurance:

- **Intensity:** Maintain your heart rate in your THR zone.
- **Duration:** 20-60 minutes a day.
- **Frequency:** 3-5 days per week.
- **Mode**: Any exercise which continuously uses legs and/or arms.

Did You Know That: Despite the best intentions, half of all people who take up new exercise programs drop out within six months. Here are some ways to improve your staying power:

Before you start. Honestly evaluate your physical condition. See your health care professional before attempting any exercise program.

Set realistic goals. Choose a plan you can live with, especially if you are a beginner. Set definite goals, like "I want to be able to walk two miles in 25 minutes," or "by my next birthday, I want to be able to run four miles in less than 30 minutes," etc.

Start slow. Twenty minutes three times a week is a lot easier to stick with than 45 minutes four times a week. Once you settle on an exercise, gradually lengthen your workouts, increase the intensity, or both.

Wheat takes on American Gladiators

PA3 Sam Goforth
RU DALLAS

The TV show *American Gladiators* conjures up visions of Arnold Schwarzenegger-type bodies in fierce competition. Monster muscles on enormous bodies perform in unbelievable games of physical strength and agility.

This is not the setting normally thought of as a contest for a 21-year-old, five-foot one-inch, 115-pound., cheerleader from The University of Texas at Arlington.

PS3 April Wheat of RU Dallas fits that description. She does have the muscles but her petite frame causes her to be dwarfed next to the regular female competitors who are over six feet tall and nearly twice her weight. For Wheat it was time to "get physical."

Wheat, the youngest and smallest contender, was one of 16 women selected to appear on the show. Last spring she made it through the first tryouts in Houston where the star-struck athletes went through preliminary eliminations.

In June, 48 out of the original 10,000 entrants were flown to Los Angeles for final eliminations. On the basis of skill, agility, strength, speed and power, 16 men and 16 women made the final cut for their TV debut.

They spent five weeks filming 14 different events. Wheat said her personal favorite was the obstacle course called the Eliminator.

After sustaining a bloody nose, two blackened eyes, a sprained ankle and being body slammed three times, she made it into the third round before elimination.

A senior at UTA, Wheat is a third year cheerleader. She is working toward her bachelor and masters degrees in sports health and fitness. She hopes to someday be a trainer to corporate executives. Working as a trainer at the Gold's Gym in Arlington, Texas is helping Wheat to keep fit and stay focused on her career.

While Wheat had always had becoming a body builder in the back of her mind, competing against the American Gladiators convinced her to begin training.

Wheat made a New Year's resolution to begin body building with competition as a goal.

For 15 weeks she observed a strict diet that eliminated all but three percent of her body fat. In addition, her training program included both aerobics and weight training.

She will compete in the Lightweight division in the Metroplex Body Building Classic in April.

When asked what she would do for a treat after such a strict diet and training program, Wheat said, "I'm going back to my yogurt and granola bars!"

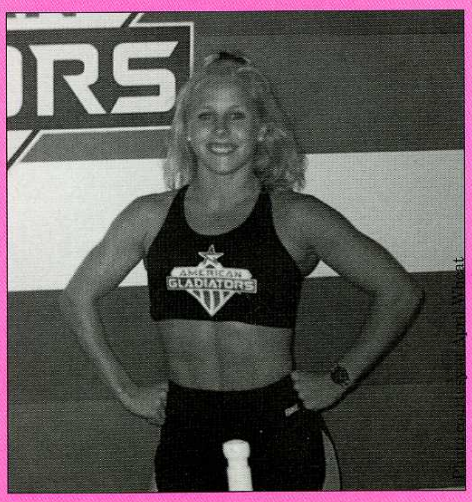


Photo courtesy of April Wheat

Petty Officer April Wheat of RU Dallas pauses in front of the American Gladiators sign.

Record your progress. For each workout, monitor your heart rate, and record your time and achievements.

Don't overdo it. Don't get hurt early in your exercise program. Injuries are a big reason people give up. Although "no pain, no gain" may work for the experienced athlete, for most people physical pain and stress are too much, besides being risky. You should feel good afterwards, not in distress.

Add some cross training. Participate in a variety of exercise programs to allow different muscle groups to rest between sessions. Swimming, tennis, golf (without the cart), and basketball all can be attractive alternatives to break up the routine.

DIET

Complete fitness combines exercise with a healthy diet. A low-fat diet is the cornerstone of a heart-healthy diet. Here are some facts about reducing fat intake and losing excess body fat.

1) You must make a commitment to change your lifestyle (e.g., what you eat *and* how much you exercise); if you don't, you won't be able to permanently lose weight or body-fat.

2) Don't judge your success by what your scale reads; short-term changes in weight are mainly losses of body water, not fat. How you look in your mirror is much more important than what your scale says. And even more relevant is the portion of your weight taken up by fat: your percent body-fat. Men should try to have less than 23 percent body-fat, and women should try to have less than 28 percent body-fat.

3) You ***never*** need to go on a fad "diet." Most of these so-called "sure-thing" weight loss schemes, usually prominently advertised on the covers of magazines and newspapers at the checkout

BMC Harris skates to success

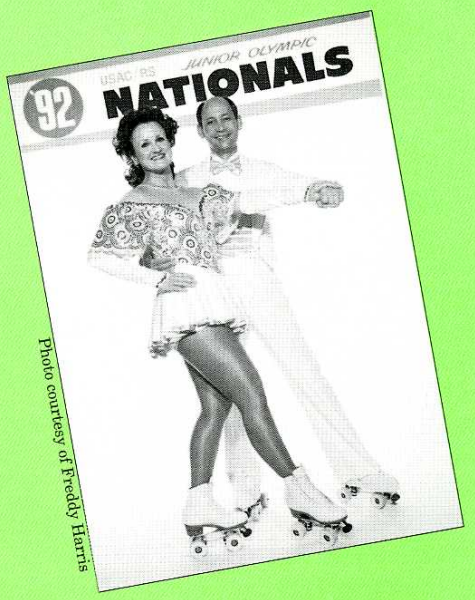


Photo courtesy of Freddy Harris

Harris and his wife pose for a picture at the Junior Olympic National competition.

By Reservist Staff Writers

BMC Freddy Harris of RU Fort Macon and his wife started roller skating for exercise and recreation in 1991. He had been cycling, but found that riding 20 to 30 miles three or four times a week to be time consuming. Roller skating for fun appeared to be the perfect activity. After several weeks of skating, Harris suffered a nasty fall that resulted in a broken arm. He was determined to "get back on the horse" to conquer any fear or intimidation he felt. Soon they were rolling along as before.

At that point they were introduced to the Junior Olympics program and proficiency tests. Encouraged by friends to become serious athletes in the sport, they learned to compete in events according to age and skill level.

In 1992 they placed from first to fourth place in several meets in the Southeast Region and state meets and qualified for national competition. The 1992 Junior Olympics National Championships were held in Fresco, Calif. in September, where they placed 11th in Team Dance. In the singles competition, Harris finished 7th.

Currently they are on a regular schedule to improve their skills and physical endurance. Their goal is to go for the gold at Nationals this year.

They enjoy the rewards of competition and the aerobic benefits that a hard practice brings. Rolling for fun has been replaced by regular practice and lessons which they enjoy far more.

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counters of supermarkets and touted by a movie or T.V. are nothing more than ways to lose water. Water doesn't count; body-fat does.

If you simply decrease the amount of fat in your diet, you will automatically lose both weight and body-fat without even trying.

4) Losing body-fat takes time. It took you years to get your weight and body-fat where they are now; don't expect to shed them in a few weeks (or even months). A reasonable goal is one-half pound of body-fat per week, or two to three pounds of body-weight per month.

Be patient; following a low fat diet will work, but it will be slow. But if you've made the commitment to change your lifestyle, you've got the whole rest of your life. So what if it takes six months to lose 10-16 pounds, particularly if it's mainly body-fat?

5) Each gram of fat in your diet has nine calories (compared to sugar, starch or protein, each of which has only four calories per gram). So limiting fat calories gives you more than twice the bang for your buck.

Furthermore, fat in your food is much more easily converted to fat on your body than is either carbohydrates or protein. Try to limit your fat calories to less than 25 percent of your total dietary calories.

6) *The easiest way to eliminate fat in your diet is to stop using fat as a spice.* In other words, stop adding fat to your foods. This means stop using so much butter, margarine, mayonnaise, sour cream and cream cheese. Don't add margarine or butter to your bread or rolls, and don't put them on your vegetables. Don't add sour cream or butter to your baked potato; try alternatives, such a non-fat ranch dressing with sprinkled dill. Use nonfat mayonnaise on your sandwiches and in your tuna, chicken or pasta salads.

7) Substitute low or no-fat alternatives for high fat foods- skim or one percent milk for whole or two percent milk; yogurt instead of sour cream; non-fat ice cream or low-fat ice cream or yogurt instead of regular ice cream; non-fat salad dressings instead of regular salad dressings; poultry (without the skin) or fish instead of beef, pork, ham and lamb; cereal (with fruit), pancakes or waffles with apple butter instead of butter for breakfast instead of eggs, bacon or sausage; non-fat pastries instead of doughnuts, sweet rolls or croissants.

8) Reduce the high fat foods in your diet: deep fried or French fried anything; cheeses (80 percent fat); nuts (80 percent fat); peanut butter (80 percent fat); doughnuts and pastries (50 percent fat); hot dogs, salami, bologna and other deli meats (70-80 percent fat); potato or corn chips (70-80 percent fat); whole milk (49 percent fat) and two percent milk (35 percent fat).

Continued on Page 10

Reservist wins canoeing national championship

By PA2 Alice Sennot
RU DENVER

LT Tom Thomas, Training Officer from RU Owensboro, Ky. took first place in the C-2 (two-man team) Masters Class during the U.S. Canoe Association's National Championships on the Susquehanna River, Jersey Shore, Penn., Aug. 14, 1992.

The trip from novice to national champion was not a short one. Thomas, 48, started canoeing 20 years ago when he and a friend decided to buy a canoe and take a trip down the Wabash River to the Ohio River and then down the Mississippi to New Orleans.

Two years later he took a six-week canoe trip with his 17-year-old nephew from the headwaters of the Mississippi in Northern Minnesota to Cairo, Ill.

"It was a great experience, except for the mosquitoes and dear flies." Thomas said, "Although storms and winds were sometimes bad, I never felt like I didn't want to be there."

In 1977 Thomas started competing in local races. There he met other people who got him interested in national competitions. He excelled in the sport and in 1980 qualified to compete in the finals for the Olympic team. He didn't make the team but he finished 12th.

"I was proud to have made it to that point, it took tremendous work," said Thomas.

From 1981-1983 he was on the Northern USA Team that competed at the National Sports Festival, now called the Olympic Festival.

"For several years I competed in two different types of racing," said Thomas, "Marathon and Olympic."

Marathon is usually about 15 to 20 miles long, and the Olympic races are 500 and 1,000 meter sprints. I retired from Olympic racing in 1989, but continued marathoning."

Thomas backed off from competing nationally for three years then returned in 1987.

His hard work paid off in 1992 when he took first in the two-man event and fifth in both the one-man and mixed couples events.

He has won several silver and bronze in national competition, but this was the first gold.

"It was a great feeling when we won," said Thomas "I threw my paddle in the air. It was an easy win though, the second place boat was three minutes behind us.

"Off the start about five boats pulled out in front and we were all riding about a foot away from each other, then two boats beside us pulled into each other. My partner and I saw it as the chance to break away. We pulled several boat lengths ahead of everybody and by the time we reached the finish line the next boat was about one-third of a mile behind.

"Success at a national level of canoe racing requires a combination of technical racing skills, nutrition, discipline in training, strength, endurance, state-of-the-art equipment and race psychology that comes from experience and the attitude to never give up," said Thomas.

"My future goal is to win the Nationals in the C-1 (one-man event). In another two years I'll be in the 50 to 60 age class and I will have a good chance at winning," said Thomas.

"Of course, I'll push hard to win next year," said Thomas. "Several of us in the over 40 class are faster than most of the guys in the under 40 class. The way I figure it, just because you're 40 or 50 doesn't mean you have to be slow."

Photo courtesy of LT Tom Thomas

Thomas competes in the U.S. Canoes Association National Championships on the Susquehanna River.

SK3 Mota makes a run for the Olympic Trials Marathon

By PA3 Cameron Hardy
D14 PUBLIC AFFAIRS

SK3 Darlene Mota's impressive list of running accomplishments got longer Nov. 20, 1993 when she became an All-American placing second in the NAIA National Cross-country meet in Kenosha, Wis. As if that was not enough, the Hawaii Pacific University student used her cross-country honed speed to improve her own resident 5K record by 34 seconds running a 16:36 at the Hale Aloha 5K State Championship just eight days later.

Mota, 29, owns three state records in Hawaii at the 8K, 15K, and the half-marathon. Her running efforts have proved to be nearly unbeatable in Hawaii, yet Mota keeps motivated by setting higher goals.

"I don't expect to all of a sudden run much faster, just a little bit each time," says Mota.

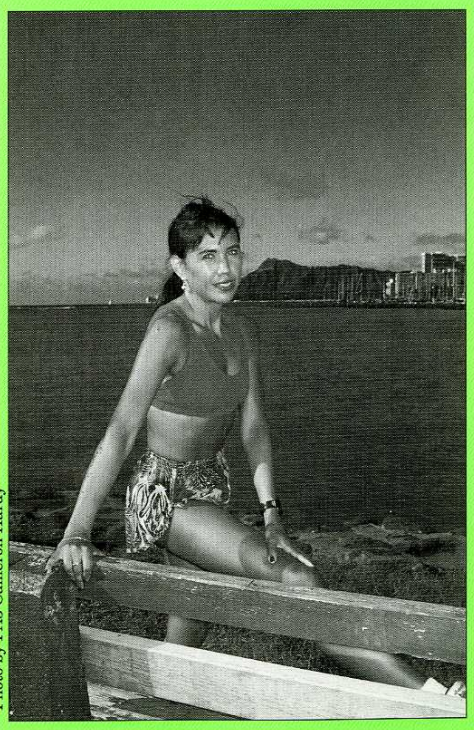


Photo by PA3 Cameron Hardy

Mota stretches before a run.

According to Jonathon Lyau, her personal coach, she certainly has the potential to be national calibre, but fears time may be catching up with her.

"I'm planning to find a fast race on the mainland this year to qualify for the Olympic Trials Marathon," says Mota. "I feel like I may have only a few years of fast running left."

"I don't get nervous running here, I just go out and have fun."

Mota says her approach to racing in Hawaii has as much to do with the good weather and her attitude as anything else.

"I don't get nervous running here, I just go out and have fun," says Mota.

Mota believes a trip to the mainland this year will provide a faster race time for her. She says the more nervous she gets about the competition, the faster she runs.

Most recently, Mota won the Straub Women's 10K as well as the Tamanaha 15K held in Honolulu. She also plans to compete in the San Francisco Marathon this summer.

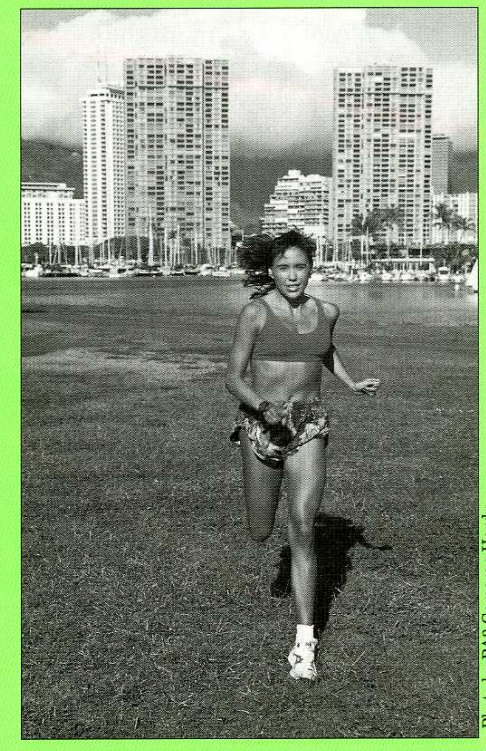


Photo by PA3 Cameron Hardy

SK3 Darlene Mota during a training run on Magic Island in Honolulu.

If she doesn't qualify for the marathon trials she will look to the 10K distance for trials berth. But, she says the qualifying time of 2:40 for the marathon is easier for her to attain than the 10,000 meter standard.

Mota, a native of Rancho Cordova, Calif. and an SK3 at RU D14, is studying psychology at Hawaii Pacific University and hopes to return to the mainland after she graduates. Once there she says she will focus on faster times and a chance at the Olympic Trials.

9) Watch out for salad dressings at the salad bar. Each ladle has 200-300 calories of 90-98 percent fat. Just two ladles can dump nearly 600 calories of fat onto an otherwise low-fat salad, probably more than your entire day's supply of fat! If they offer a no-fat of low-fat dressing, use it.

10) If a cookie has more than about 150 calories per ounce, it's probably packed with fat (cookies with dried fruit are exceptions, since they are high in calories but usually not in fat). Low fat cookies are ginger snaps, graham crackers, and fruit bars.

NO SUCH THING AS A "HEALTHY" TAN

With summer approaching, this is a perfect time to discuss an issue too few people think about: sun, tan, sunburn and the risk of skin cancer. First, try this little experiment.

Look closely at the back of your forearm. What do you see? If you're like most people, you see skin that looks aged: the pigmentation may be blotchy, there may be whitish spots, the skin is thicker and less compliant than when you were young.

Now, for comparison, look at the skin on the underside of your forearm. Quite a difference, isn't there? Here the skin is smoother, less wrinkled, more elastic and less pigmented. It's a lot closer to the "baby skin" you had when you were a kid.

So what's going on here? How can the quality of your skin be so different on areas of your body so close together? The simple answer is: SUN DAMAGE. What you see on the back of your forearm is an example of what the sun does to your skin. The same thing is happening to your face and any place else you let get suntanned. The bottom line:

SUN TAN = SUN DAMAGE
There is no such thing as a healthy tan.

Suntanned skin is damaged skin; sunburned skin is super-damaged skin. Your risk of cancer is directly related to how much and how frequently you let the sun damage your skin. It is also related to your heredity, which determines your skin type. So the bottom line is: the more rays you bag, the bigger your risk for getting skin cancer.

Now for a few facts. First, the good news: you need a small amount of sunlight to help produce vitamin D, which your skin makes upon exposure to sun. But the amount you need is real small (a few minutes a day), ***much*** less than needed to produce a suntan. Besides, you can get the vitamin D you need in foods, particularly dairy products.

Now the bad news: Skin cancer is the most common cancer in the U.S. with more than 600,000 ***new*** cases each year that means, ***one in every six Americans*** will develop skin cancer in their lifetime! Put another way, out of all the types of cancer that Americans get, one third are skin cancers.

According to present estimates, 40-50 percent of all Americans who live to age 65 will have skin cancer at least once. The sun causes more than 90 percent of all skin cancers. But nearly all skin cancers are preventable, and nearly all skin cancers are completely curable if detected early enough and treated. Some skin cancers, however, are particularly nasty and are incurable if not detected early.

Rules for Rays

- The lighter your skin color, the more you need to use a sunscreen before every sun exposure.
- You should always wear a sunscreen with at least a Sun Protection Factor (SPF) of 15.
- Apply sunscreen liberally.
- Don't forget to use your sunscreen on overcast or hazy days. The sun's rays are as damaging to your skin on cloudy, hazy days as they are on sunny days.
- Keep young infants out of the sun. Begin using sunscreens on children at six months of age, and then allow sun exposure with moderation. Teach children sun protection early.

Signs of melanoma, or skin cancer, include changes in the size, shape and color of moles and patches of skin. It can also appear as a new growth. Melanoma tends to occur in adults in the prime of their lives and its incidence appears to be rapidly rising.

Sun damage is cumulative over your lifetime. By the time you're an adult, you already may have soaked up enough sunlight as a child to cause skin cancer. Even though the tan fades away, the damage does not; it accumulates. And even a dark tan is not 100 percent protective against sunburn. If you get enough ultraviolet damage to cause sunburn, you've really damaged your skin.

Again, it will heal, but the increased cancer risk remains. Children who have had severe sunburns are at a much greater risk of developing adult skin cancers as are children without severe sunburns.

The sun causes damage in more than one way. Not only does it increase your risk of cancer by damaging your DNA, it also damages your elastic fibers.

The more sunlight you absorb in your skin, the more damage to the elastic fibers. This means, simply, that you wrinkle. This is particularly true if you smoke cigarettes.

Smokers without excess sun exposure have two to five times the risk of premature wrinkled skin compared to nonsmokers, but if they also have heavy sun exposure, their risk goes up to 12 times that of nonsmokers. The leathery skin of the classic cowboy didn't get that way by chance (are you listening Marlboro Man?).

You can minimize sun damage to your skin by wearing a sunscreen. Sunscreens are chemical agents which either absorb or reflect ultraviolet light.

Hopefully, this article has given you some ideas on fitness and what you can do to live a healthier, happier, more productive life.

Enjoy your summer!

Tip ' the Hat

Congratulations...

• **MK1 Richard Whiteley** was selected as the RU Station Lake Worth Inlet (Fla.) Sailor of the Quarter for first quarter of FY94.

• **PS3 Bruce Barlow** of RU Saginaw qualified as a Federal On Scene Coordinator's Representative. He is the first reservist in the 9th District to earn this qualification. He and over a dozen other reservists have already qualified as Pollution Investigators under MSO Detroit's augmentation program.

Medals & Awards

Coast Guard Commendation Medal
CAPT Henry Plimack, D1
CDR Gerald Fleming, CGHQ

Commandant's Letter of Commendation
CDR Michael Graner, D1
CDR Percy Norwood, CGHQ
LCDR Steven Veit, D1
LCDR John Richards, D1
LT Joseph Sciuto, D1
PSC J. Smith, D1
YNC Bonnie Bernard, D5

Coast Guard Arctic Service Medal
PAC Peter J. Capelotti, D5

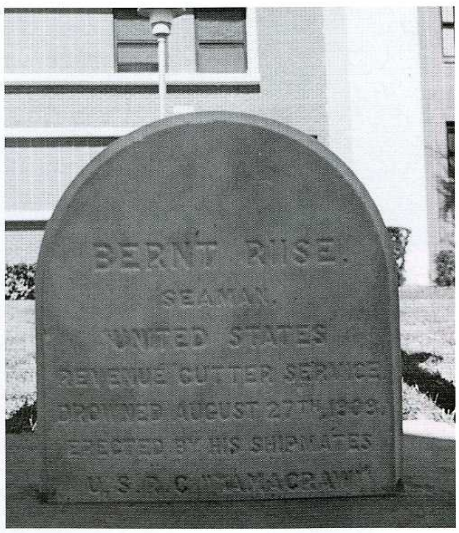
RU Cleveland wins Morris Award

Established in 1988, the Navy League Thomas E. Morris Trophy is given annually to the Coast Guard Reserve Unit with the best overall mobilization readiness posture. Criteria has been recently revised to more accurately reflect "best mobilization readiness."

This year's winner is RU Cleveland, Ohio of the 9th District.

Commanded by CDR Daniel Zedan, RU Cleveland is the core unit of Port Security Unit (PSU) 302, the national PSU most ready for mobilization. Throughout 1993, the unit's quality of match (QOM) averaged better than 2.0. Drawing upon its highly successful PSU training experience in *FTX Flame River 92*, RU Cleveland was tasked with preparing PSU 302 to participate in the international joint service harbor defense *FTX Forward Sentinel 93* (FS93). RU Cleveland spent countless hours training and attending to pre-mobilization details, completing its mission with great success. Ninety eight percent of unit personnel hold final or interim security clearances and have current physicals. In 1993, RU Cleveland conducted two pre-mobilization unit training sessions and family preparedness training for members' spouses and families. Unit members successfully completed two separate call-up alerts, participated and passed D9's mandatory physical fitness test, and satisfactorily maintained two separate sea bags, one Coast Guard blue and one unique to the PSU mission.

The traveling Morris Trophy was presented during the unit's all-hands drill April 30, 1994.



This tombstone was erected in honor of Bernt Riise, a seaman on the Revenue Cutter Yamacraw, who was drowned at sea in 1909. The stone was found five feet under ground while digging a grave in the oldest section of Magnolia Cemetery in Charleston, S.C. Originally erected by his shipmates, the memorial was recovered and placed permanently at Base Charleston, S.C.

Submitted by BMCS Thomas Gelwicks, USCG (Ret.)

SGLI premiums to rise July 1

Monthly premiums for Servicemen's Group Life Insurance will increase July 1, according to Defense Department officials.

The premium will increase from 8 cents per $1,000 of coverage to 9 cents per $1,000 of coverage. Coast Guardsmen who carry the maximum coverage of $200,000 can expect to see their monthly premium increase from $16 to $18.

The SGLI premium rate has held steady for the past 10 years. The last change was a decrease in 1984 that lowered the rate from 11.6 cents per $1,000 coverage to the present 8 cents.

It is also "possibly the only life insurance program available to all active-duty servicemembers and many reservists that does not discriminate on the basis of age, sex, personal life style, avocation or vocation." — Army News Service

ALDISTs / ALCOASTs / COMDTINSTs

Presidential Nomination (for Commandant Selectee) ...ALCOAST 007/94
Reduction In Force (RIF) Program for AD Enlisted ....ALCOAST 014/94
Coast Guard's Rewards and Recognition Program .....ALCOAST 024/94
SELRES Downsizing Plan Implementation .....ALDIST 344/93
Guidance for Implementation of Transition Programs
For Members of the Coast Guard SELRES ..ALDIST 345/93
Ready Reserve Direct Commission (RRDC)
Officer Program .....ALDIST 021/94
Chief Petty Officer (CPO) Academy (Reserve Course),
Second Convening .....ALDIST 023/94
Public Affairs Policy — Elections .....ALDIST 034/94
Current Status of FY 1995 Budget Year .....ALDIST 039/94
Amended Flag Assignments (RADM Sloncen interim G-R) .ALDIST 052/94
Ready Reserve Direct Commission
(Requesting Age Waivers) .....ALDIST 054/94
CPOA (Reserve Course) Selections .....ALDIST 078/94
Procedures for Submitting & Processing Requests for
Reserve Transition Benefits .....COMDTINST M1001.37
Enlisted High Year Tenure(HYT)[for active/reserve] ..COMDINST 1040.10
FY94 Sea-Keepers Campaign; TEMAC Solicitation .....P 082325Z APR 94
(See story on back page)

Correction

In the April issue, it was reported that BMCS Russell Linbland was the recipient of the Reserve CPOA course "Excellence Award" given by CPOA. It was awarded by the Non-Commissioned Officers Association (NCOA), not CPOA. We regret the error.

Marine Safety Officer Course (MSOC) On-Line!

The first convening of the Marine Safety Officer Course was held from Feb. 7-18, 1994 at RTC Yorktown, Va. Twenty one students (14 officers, six senior enlisted and one international student) attended the two-week resident course. Students completed 36 marine safety related training modules which culminated in a half day port operations table top exercise. MSOC replaces the Port Safety and Security Officer Course (PSSO) as the introductory course for reserve officers and senior enlisted personnel assigned marine safety duties.

Photo by LCDR Mike Price, G-RST-2

MSOC students use the SS Lumar container ship simulator to complete a container stowage plan inspection exercise. Left to right are: LT Arthur G. Thomits, Jr., PSC Gerald A. Whaley, PSCS William Pesek and LT Greg De Marco.

etin Board

Citizen-sailor issue...

The Reservist is planning to feature Coast Guard Reservists and their civilian occupations in the September issue (to coincide with Labor Day). Send us a brief account of what you do as a civilian and a picture, if possible, of you busily at work. Deadline is July 15. Our address is on Page 2.

WWII CG Stamps

A limited number of World War II Coast Guard commemorative stamp cachets are available for purchase. Several different types can be ordered. One example is shown here. All cachets have original date cancels from 1945. Contact D & M Specialties, P.O. Box 7857, West Trenton, NJ 08628 or call (609) 530-0950.

Wanted: Your awards

If you or your unit received an award that has not appeared in the Tip o' the Hat section yet, send a copy of your citation (include your unit name) and we'll make sure it gets in a future issue. Mailing address is on Page 2.

Reunions

• **Station Plum Island, Wis.** — June 25-26, 1994. Write: Jackson Harbor Maritime Museum, RR1, Washington Island, WI 54246. Call: Bill Olson, (414) 847-2463 or Lorel Gordon, (414) 847-2246.

•• **All WLB Reunion** — Aug. 19-21, 1994 in Duluth, Minn. Contact: ENS Scott Langum. (218) 720-5461 or fax (218) 720-5471.

• **American Assoc of Navy Hospital Corpsmen —** June 16-20, 1994; Ridgeway Inn, Memphis, Tenn. Coast Guard personnel who served as Navy Pharmacist Mates and Hospital Corpsmen welcome. Send self-addressed stamped envelope to: Joe B. Havens, 3452 Highland Park Place, Memphis, Tenn. 38111-4730. (901) 324-5693.

• ***CGC Campbell*** — For all crew members from old (W-32) and new (WMEC-909) Campbell, May 22-24, 1994 at Sheraton Inn, Charleston, S.C. Contact: David A. Blum, CGC CAMPBELL Assoc., 8341 Sands Point Blvd., Tamarac, FL 33321. (305) 722-8161.

• ***CGC Woodbine*** — 5th annual reunion in Grand Haven, Mich., Aug. 4-7, 1994. Contact: Dave Maynard, 8450 Belle Vernon Drive, Novelty, OH 44072, (216) 338-1241.

• **Coast Guard Festival** — An open invitation is extended to all reservists, retirees, auxiliarists & active duty personnel to attend the 1994 Festival, July 29-Aug. 7 in Grand Haven, Mich., Coast Guard City, USA. Write: Grand Haven Coast Guard Festival, P.O. Box 694, Grand Haven, MI 49417. (616) 846-5940.

• **Greenland Patrol** —Second annual, Oct. 26-30, 1994, Howard Johnson Hotel, Norfolk, Va. Held in conjunction with the CG Combat Veterans Association. Contact: A.F. Courter, 14334 Thornwood Trail, Hudson, FL 34669. (813) 856-7387.

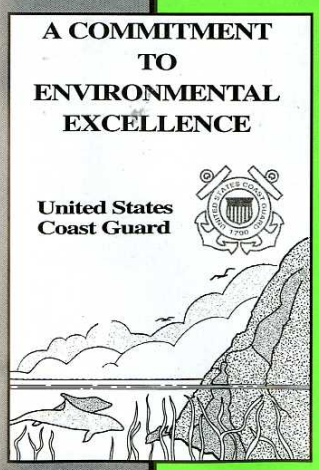
• ***USS Callaway (APA-35)*** — Oct. 4-6, 1994 in San Francisco. Contact: R.L. Stambach, 4293-B Island Circle, Fort Myers, FL 33919-4427. (813) 481-0359.

Interested in TEMAC during FY94? See the back cover story on Sea-Keepers.

MRN-E5, Edition 4...

Edition 4 of the MRN-E5 End-of-Course Test **is not an open book exam** as stated in 12/93 Edition of The Coast Guard Institute pamphlet E46003, List of Correspondence Courses, Page 21.

Environmental Brochure



Commandant (G-MEP) has published a Coast Guard Environmental Policy Statement Pamphlet (CG 5881) *A Commitment to Environmental Excellence*. G-MEP is sending the pamphlets to CG Reserve Units for distribution to all reservists. COMDTNOTE 16452 of March 16, 1994 announced the pamphlet's distribution, including reservists and requires each command to review their mission objectives to ensure consistency with the CG Environmental Policy statement.

MYSTERY ILLNESS

VA looking for Persian Gulf War veterans with various symptoms

By ENS Steve Pruyn
RESERVE PERSONNEL SYSTEMS BRANCH (G-RSM-1)

Have you suffered health problems that may be attributed to or may have originated while serving overseas in Desert Shield/Desert Storm? If you have, the Department of Veteran's Affairs (VA) or the Department of Defense (DoD) need to know.

Scientists in the DoD, VA, the Department of Health and Human Services, and the Environmental Protection Agency recently organized a workshop entitled "The Persian Gulf Experience and Health." A panel of internationally recognized physicians were assembled at this workshop to analyze health problems of Persian Gulf War veterans with unexplained illnesses. They will help develop a case definition to facilitate diagnosis, treatment and research of the illnesses.

In addition, the VA has instituted a Persian Gulf Registry program to address the health concerns and questions of Persian Gulf veterans and their families. Some of the more common symptoms reported to the Registry are fatigue, diarrhea, joint/muscle pain, headaches, cough, skin rash, fever, memory loss and chest pain. However, almost one in five people who have participated in the Registry have no symptoms or illness.

If you are exhibiting unexplained symptoms, or you have unanswered health questions after serving in the Gulf War, you should contact the nearest VA medical center to schedule an appointment for a Persian Gulf Registry examination.

If your problems cannot be diagnosed at the local VA facility, your VA physician may consult with and refer you to one of three specially designated VA regional referral centers. These centers are located in Washington, DC, Houston, Texas, and Los Angeles, Calif. Comprehensive subspecialty evaluations are performed at these VA medical centers on an inpatient basis. The average stay for these visits is two weeks. Travel and examination expenses are covered by the VA.

If you have any questions, please contact your district. If your questions cannot be answered at this level, you may contact the CG Reserve Hotline at (800) 283-8724.

On Deck

By MCPO Forrest W. Croom

Command Enlisted Advisor
Coast Guard Reserve

Questions or comments? Write or call:
Commandant (G-R CEA), USCG Headquarters, 2100 2nd St. SW, Washington, D.C. 20593. (202) 267-6844 Fax: (202) 267-4553 E-mail: F Croom/G-RPost

The past few months have been difficult. The downsizing, no pay billets for people transferring to other districts, questions and confusion concerning Reserve Transition Benefits (RTB) and the usual problems we face every day have taken their toll on all of us. That old saying, "you can't please everybody," has never been as true as it is today.

Downsizing is with us and we must contend with it in light of the dollars we received for the Reserve Program. Our budget for FY95 will support 7,000 Selected Reservists. Unlike our active duty brethren, our resources are virtually all people. We cannot stand down a ship or close a station to save money. Therefore, the money we have been allotted only pays for 7,000. If we go beyond the cutoff date and continue to pay more than 7,000 we run the risk of not having enough money to fund full IDT and ADT. We must fully fund both if we are going to have a capable force with which to fulfill our obligations.

We have only a certain number of paid billets which are assigned to the districts. Those billets are currently filled with personnel who are assigned to the district. A new person coming into the district from another will not get a pay billet because all billets are currently filled. As I have indicated at every reserve unit I've visited, a transferred person from one district to another will not bump a person out of a pay billet just by coming into the district. The only way I see a transferred person obtaining a pay billet in the new district is to be at the right place at the right time, or continue to drill in Cat H until you prove yourself to the district and a billet opens up. In the past we have had the funds to support some out-of-billet personnel. It is no longer possible to do that; therefore, do not expect a pay billet in the Reserve if your company transfers you and you end up in a different district.

Reserve Transition Benefits are too complicated to address well in this column. However, an excellent and in-depth article appeared in the February 1994 *Reservist* on pages 16-17. Do yourself a favor and ask questions and don't take "rumor" as fact. I have heard people tell me that they were told to "take the money and run." If you do, be sure you know where you are running to. Some may prefer to take the money and stay, working in a non-pay status toward retirement or a return to the Selected Reserve. If for any reason you return to an active pay status or qualify for retirement pay in the future — YOU WILL REPAY THE RTB — through a deduction in pay (75 percent of each check will be deducted until the RTB is fully repaid). That is LAW. I advise you to look at all the instructions concerning the RTB. It is to your advantage. Each of your individual situations will be different. See to it that you take care of yourself now. I encourage you to contact your leading Chief Petty Officers and seek guidance from them. This office is available to help in any way it can. As before, I'm "Semper Paratus" to serve in any way I can.

D2/G-R CEAs present flood ops awards

Photo by MCPO Forrest Croom, G-R CEA

Members of RU Huntington, W.V. were recently presented with 22 awards for flood ops during the Great Flood of '93. Awards included four unit commendations, seven Meritorious Unit Commendations, two Special Ops Ribbons and nine Humanitarian Service Medals. Presenting the awards are MCPO Ron Reed, D2(CEA), far left, and MCPO Forrest Croom, G-R CEA, far right. Pictured, left to right: Reed, YN2 Michael Giovannelli, MK3 Kenneth Plumbley, SNBM Barbara Dorgan, SK3 Christopher Wolford, AT2(PS) Mark Hess, RM2 John McGinn, BM3 Michael Arbino, LCDR William Huston, CO of RU Huntington and Croom.

288 Ready Reservists Requested

Seeking Sea-Keepers

Attention Coast Guard Reservists! The FY94 Sea-Keepers Campaign Pilot Project is soliciting 288 members of the Coast Guard Ready Reserve to participate in non-consecutive TEMAC.

The Sea-Keepers Campaign is funded by DoD through the Civil Military Cooperative (CMC) Action Program. This program was established in the FY93 DoD Authorization by Senator Sam Nunn to use reservists from the Armed Forces to support critical public needs in the areas of education, health care, engineering and infrastructure.

The Sea-Keepers program has two primary objectives. The first is to improve compliance with marine environmental protection laws and regulations by educating the marine users of their roles and responsibilities in protecting our seas and shores. The second, complimentary objective is to provide reservists an outstanding training opportunity to enhance their military readiness and ability to respond to a broad range of contingencies by augmenting the Coast Guard's Maritime Environmental Protection (MEP) Program.

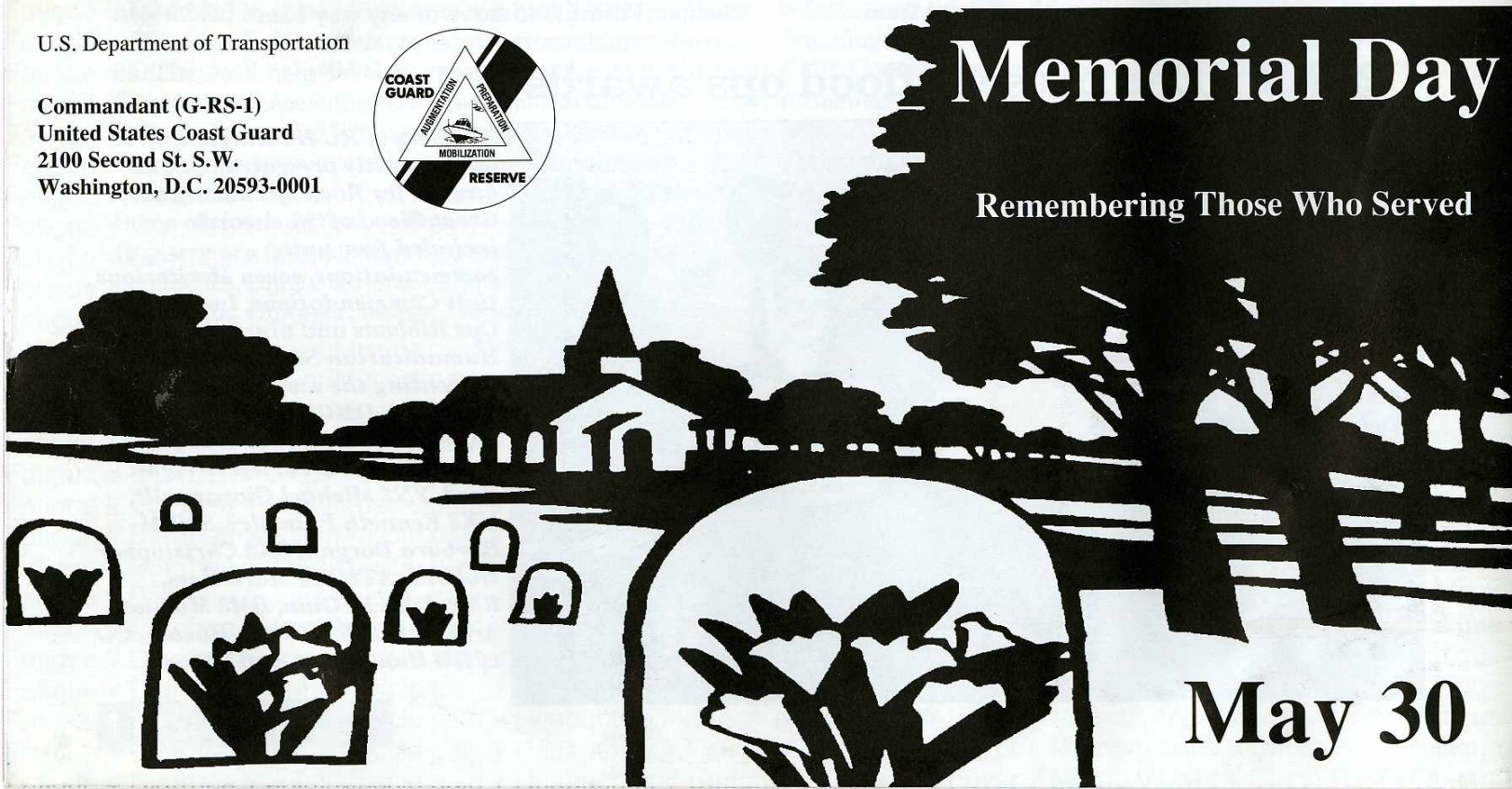
Reservists who participate in the Sea-Keepers Campaign will receive training at a train-the-trainer workshop, then deploy to their assigned Marine Safety Office Marine Pollution Coordinators. Sea-Keepers teams will be employed in the port community to provide educational training products and interpretive programs to an array of port user groups; commercial fishing vessels, marina operators, recreational boaters, shipping agents, community action groups, enterprises involved in the ship-shore interface, state/local governments, teachers and students.

Participants will be authorized up to approximately 21 days of TEMAC in FY94 (six days for workshop, five days at the Marine Safety Office/Captain of the Port for planning, and 10 days for follow-on outreach program activities in the local area).

Members of the Selected Reserve and the Individual Ready Reserve selected to participate will do so without affecting their current Reserve training assignment, status or Reserve Transition Benefits (RTB) eligibility. Members of the IRR will be given high priority for assignment to Sea-Keepers duties wherever possible in order to maintain skills required for mobilization. Reservists currently eligible for RTB retain their eligibility if they participate in the Sea-Keepers Campaign.

Desirable Reserve candidates will have a basic understanding of, and preferably experience in, Marine Safety Program activities and must be capable of conducting these highly visible public activities in a professional manner. The selection process will be handled in accordance with COMDTINST 1330.1C (TEMAC), Paragraph 6.A.

Since Sea-Keepers is funded on a fiscal year basis, implementation of the FY94 Sea-Keepers Campaign Pilot Project must be expedited. Interested and qualified Coast Guard Reservists should contact their district reserve office (r) as soon as possible.

U.S. Department of Transportation

Commandant (G-RS-1)
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